

# 32<sup>nd</sup> EURO NURSING AND MEDICARE SUMMIT

October 26-28, 2017 | Paris, France

## Effect of a multifactorial, interdisciplinary intervention on falls and fall rate of the older people in the community

Seon Heui Lee<sup>1</sup> and Hee Sun Kim<sup>2</sup>

<sup>1</sup>Gachon University, Republic of Korea

<sup>2</sup>Chonbuk National University, Republic of Korea

Falls are a widespread problem and cause considerable morbidity in older people. The overall effect of various programs for preventing falls including exercise or multifactorial programs in the community remains controversial. The aim of this study was to determine the effect of several prevention programs on fall rates, number of fallers and fall-related injuries in the community. We searched Medline, EMBASE, CINAHL, Cochrane, and Korean Med systematically in Mar 2016 for randomized controlled trials to reduce falls among older people residing in the community. The outcomes were fall rates, number of falls, and fallers. The computerized search strategy found 827 potential articles, thirty of which met the inclusion criteria. 37 trials were eligible. Meta-analysis found that multifactorial interventions significantly reduced falls rate (RR=0.78, 95% CI=0.70-0.87), while exercise tended to reduce the number of fallers but did not achieve a significant reduction (RR=0.93, 95% CI=0.85-1.02). In terms of intensity of programs, assessment with active programs significantly reduced fall rates (RR=0.77, 95% CI=0.63-0.93), while assessment with referral did not achieve a significant reduction (RR=0.93, 95% CI=0.82-1.07). In terms of programs for high risk group (e.g., recurrent fallers), multifactorial programs significantly reduced fall rates (RR=0.78, 95% CI=0.67-0.91). The study shows that a multifactorial intervention to reduce the risk of falling among elderly people living in the community. Assessment with active programs or multifactorial programs for high risk group significantly reduced falls rates more. It needs more explorations considering the components and intensities of exercise programs.

### Biography

Seon Heui Lee has completed her PhD from Yonsei University. She has worked in Health Insurance Review and Assessment Service and National Evidence-based Healthcare Collaborating Agency of Korea. Now she is an Associate Professor at the College of Nursing, Gachon University.

sunarea87@gachon.ac.kr

### Notes: